

MANAGING YOUR DIET UNDER HYPERTENSION

Eat more vegetables

Try to eat fruits and vegetables for every meal, including snacks



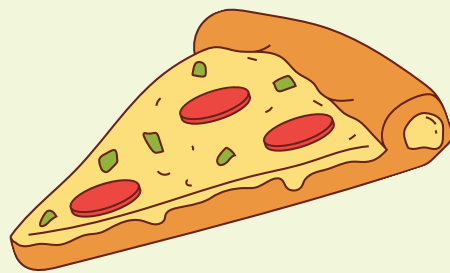
Incorporate more beans or peas in your diet

Use garbanzo beans in salads, use fat-free refried beans, make soup with split-peas



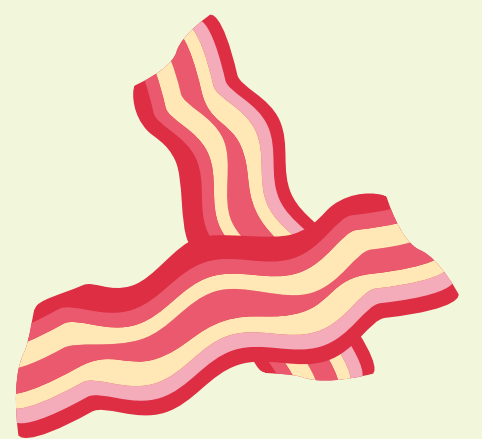
Eat pizza with low-fat mozzarella

Low fat cheeses are a great way to keep your food delicious and your heart healthy



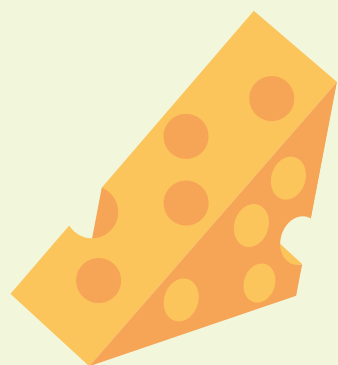
Eat less saturated fat

These are found in meats, dairy, and unprocessed foods. Fish and nuts are a healthy source of good fats.



Try non-fat or low-fat dairy

You can top this with fruit or nuts when you crave a snack



Eat less sodium

Cut down on salty snacks, use low sodium soy sauce, try not to add salt to your meals.



Try whole grain cereals and breads



Source: CardioSmart: Adding DASH to Your Life

 **cpacs.cosmo health center**

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